



Dragon Medics



News and Information for members of the 44th Medical Command (Airborne)

April 2006

Commander's Message



BG Philip Volpe

Greetings! Springtime is here and along with it comes warmer weather and participation in more outdoor activities. I hope you are preparing to enjoy the Spring and Summer seasons, but are also planning to ensure you remain safe and healthy while doing so.

Heat injury prevention is a personal responsibility. I encourage each 44th MEDCOM Soldier to become familiar with the risk factors — and the early signs & symptoms of heat injuries — so that you are prepared before the hot Summer begins. You should understand the heat category (and where to get it from); how to alter physical activities according to the heat category; and reduce risk factors as much as possible through common sense hydration, proper rest, avoiding alcohol & smoking, eating regular meals, wearing loose clothing, allowing 10 days for acclimatization, and being alert for the dangers of hot weather. Clinical Services talks more about preventing heat injuries on page 3 of this newsletter. Our goal is ZERO heat injuries this year! This will take a team effort. Each individual Soldier must be well versed; each supervisor must use risk management procedures; and each leader must use good judgment in order to prevent heat injuries.

POV safety is another critical consideration for the Spring and Summer seasons. Children will be in the streets more & more — playing in and around vehicles and roadways — and especially after school lets out for the Summer. Outdoor athletic and sporting events will be plentiful too. I ask that you consider the dangers while driving about and take defensive actions to prevent a bad outcome. Stay alert; don't speed; follow the posted speed limits; don't use cell phones while driving; don't ever get behind a wheel after consuming alcohol; get rest before traveling long distances; and always use seatbelts (all passengers). Safe driving is a habit — it starts with our actions today!

Suicide awareness is also important to understand. While most of us are enjoying ourselves, our relationships with others and our life in general, there are others who are having difficulty coping with the stressors in their life. Family and friends are by far in the best position to recognize the "signs of suicide" in someone and get them help — because they know the person, their habits and their behaviors better than anyone else — and they can recognize when "something" seems different. I encourage all of you to become familiar with the risk factors and signs of depression & suicide, so that you can recognize when a buddy may need your help and the help of others who are experts in the field. This is another example of "never leave a fallen comrade!"

Finally, Thanks for all you do. We have a great Army because we have young men and women who are willing to SERVE and SACRIFICE. I hope that you are learning something new everyday and that you continue to fill your basket with the "tools" to succeed while reaching your goals and dreams. I would like to close by sharing two quotes with you that I use everyday in my life:

"Things work out the best for those who make the best out of the way things turn out" — ATTITUDE!

"Everything done is a reflection of the person who did it, so mark your work with excellence" — PAINT YOUR OWN PORTRAIT!

Proud to serve.

**44th MEDCOM: A teams of teams;
Ready, Relevant, Reliable! - PV**

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CSM's Message

Great things are happening throughout the 44th MEDCOM:

- SSG Lane from the 56th MEDEVAC BN was the honor graduate at Drill Sergeant School.
- SGT Zlatkin from the 28th CSH won the leadership award at the Warriors Leader Course.
- MSG Long from HHC, 44th MEDCOM will receive an award at the White House for his work with the Combined Federal Campaign (CFC).

For those who did not already know, the Army is now allowing non-combat arms Soldiers to go to Ranger School. The 44th MEDCOM had a chance to send five Soldiers to this great course, with the 82nd Airborne Division paying for them to attend. However, we did not take advantage of this opportunity.

Ranger School is by far the best leadership school that I have attended. I want to ask the senior leadership of this command to encourage our young Soldiers and Officers to attend this great course. Trust me, it will make your unit better.

Airborne...All the Way!!



Your Money:

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees. Congress established the TSP in the Federal Employees' Retirement System Act of 1986. The purpose of the TSP is to provide retirement income. The TSP offers Federal employees the same type of savings and tax benefits that many private corporations offer their employees under "401(k)" plans. The retirement income that you receive from your TSP account will depend on how much you (and your agency, if you are a FERS employee) have contributed to your account during your working years and the earnings on those contributions. The Thrift Savings Program provides an opportunity to invest in your future.

In 2006, you have the opportunity to elect 100% of "resulting pay" which is gross basic pay less mandatory deductions and TSP loan payments.

- If you Stop your basic pay contributions, your service will automatically terminate your contributions from special pay, incentive pay and bonuses. However, you may stop contributing from incentive pay, special pay or bonus pay and still continue your contributions from basic pay.
- If you make an in-service financial hardship withdrawal, you may not make any TSP contributions for six months following the withdrawal.
- Your TSP elections will stay in effect until you submit another election to change or stop your contributions, or you separate from the service. Consequently, if you elect to contribute from bonus pay, your election will cover future installments or any other bonus pay to which you become entitled, until you specify otherwise.

For more information, visit the TSP Website at www.tsp.gov.

Important Phone Numbers

44TH MEDCOM STAFF DUTY:

866-666-3326

HHC, 44 th MEDCOM	910-396-9111
28 th CSH	910-396-7889
56 th MED BN	910-396-4390
32 nd MEDLOG BN	910-396-1653
261 st ASMB	910-432-9550
257 th DENT CO	910-396-7144
248 th VET DET	910-396-4145
14 th CSH	706-545-6837
86 th CSH	270-798-2812
6 th MLMC	301-619-7774
1 st AML	410-436-4857
9 th AML	410-436-7143

Secy. General Staff (SGS)	910-396-8599
DCSPER (G1)	910-907-3439
DCSOPS (G3)	910-396-4384
DCSLOG (G4)	910-432-8153
DCSIM (G6)	910-396-0078
DCSRM (G8)	910-396-3274
Clinical Services	910-907-3406
Chaplain	910-396-6178
Retention	910-396-4376
Equal Opportunity	910-936-8006
Legal	910-396-5060

86th CSH on HBO:

The 86th Combat Support Hospital will be featured in an HBO documentary called "Baghdad E.R." which is expected to air publicly around 21 May 2006. The documentary covers the 86th CSH in Baghdad in the summer of 2005 while they were deployed in support of Operation Iraqi Freedom. "Baghdad E.R." powerfully portrays the reality of this war while also showcasing the extraordinary actions taken everyday by the health care providers and medical evacuation units.



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Your Safety:

FOR YOUR EYES ONLY

1000 people will suffer an eye injury today...Will you be one of them? 2.4 million Americans a year suffer eye injuries. There are 40 to 75 thousand people per year left with significant visual impairment.

EYE injuries are the #1 cause of preventable blindness in the United States. Over 90% of all injuries could have been prevented with the use of eye safety protection.

Fact: 3/5 of those injured were not wearing eye protection.

Fact: 40% of those wearing protection wore the wrong kind.

Fact: Over 100,000 of the injuries will result in either temporary or permanent vision loss

What causes eye injuries?

Flying particles (flying or falling particles or sparks striking the eye) cause 70% of all accidents. 3/5 of these objects are smaller than the head of a pin. Chemicals from splashes in unshielded eyes account for 20% of all injuries.

Attached or swinging objects from ropes or chains account for many injuries as do tree limbs. Other sources are sports (basketball and baseball being the most), home-related accidents with power tools or hand tools, pro-longed periods in the sun without proper eye protection and fireworks.

Wear the correct eye protection for the job. Wear American National Standards Institute (ANSI) certified protective goggles when needed. Normal eye glasses and sunglasses may not be enough eye protection for the job you are about to do. Check out this website for more information for you and your families.
www.occupationalhazards.com

LUCK RUNS OUT...BUT SAFETY IS GOOD FOR LIFE!

44th MEDCOM Safety Officer: CW4 Todd Blake

todd.s.blake@us.army.mil

Office: (910) 396-5503

Cell: (910) 494-9793

Safety First!

Your Health:

Preventing Heat-Related Illness

Prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.
 - Avoid hot foods and heavy meals—they add heat to your body.
 - Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
 - Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
 - Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
 - Wear lightweight, light-colored, loose-fitting clothing. Dress infants and children in same but remember to shade their heads and faces with hats or an umbrella
 - Never leave anyone especially infants and children in a closed, parked vehicle.
 - Don't forget about your pets. Provide them with plenty of fresh water and leave the water in a shady area..
 - Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - o Infants and young children
 - o People aged 65 or older
 - o People who have a mental illness
 - o Those who are physically ill, especially with heart disease or high blood pressure
- If you must be out in the heat:**
- Limit your outdoor activity to morning/evening hours.
 - Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
 - Monitor the heat index or heat category and adhere to recommend work/rest cycle as well as fluid consumption.
 - When exercising drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
 - Try to rest often in shady areas.

• Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "UVA/UVB protection")



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Your Family Readiness Group:

FRG Tip of the Month

If you are new to command or have not gotten into the financial end of your FRG yet, now is a good time to perform the audit of your FRG funds. Helpful forms that are used on Fort Bragg can also be used as a template for our off-post units in reconciling their FRG accounts. It's always a good idea to perform an audit when you assume command, are preparing for a deployment, have just redeployed or are preparing to leave command. Setting up a quarterly audit in addition to your yearly audit is also a great idea to help keep all your pennies accounted for and in the right place.

Audit documents are posted to our AKO website located at:

[https://www.us.army.mil/suite/portaltop.do?\\$p=portal.home](https://www.us.army.mil/suite/portaltop.do?$p=portal.home)

The FRG Handbook and Army Leader's Desk Reference can be found at: www.myarmylifetoo.com



60 Years of Helping the Army Take Care of Its Own...

ARMY EMERGENCY RELIEF

The Army Emergency Relief (AER) is a private, nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff and has helped over 2.9 million Soldiers and their families over the past 63 years. AER's sole mission is to help Soldiers and their dependents.

AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers by helping with emergency financial needs, such as for rent, funeral expenses, and medical expenses.

AER funds are made available to commanders having AER Sections to provide emergency financial assistance to Soldiers - active & retired - and their dependents when there is a valid need. AER funds made available to commanders are not limited and are constrained only by the requirement of valid need. For these reasons, the AER assistance program is conducted within the Army structure by major commanders and their installation and organization commanders.

Visit <http://www.aerhq.org/> to learn more about AER or see your unit AER representative.

AUSA Information

What is AUSA?

Since 1950, the Association of the United States Army (AUSA) has worked to support all aspects of national security while advancing the interests of America's Army and the men and women who serve.

AUSA is a private, non-profit educational organization that supports America's Army - Active, National Guard, Reserve, Civilians, Retirees and family members. AUSA provides numerous Professional Development Opportunities at a variety of events both local and national.

AUSA has 126 chapters located worldwide. Made up entirely of volunteers, they provide recreational and educational opportunities to Soldiers and their families. Most importantly, they support our deployed Soldiers and their families left behind.

AUSA is open to all Army ranks and all components -- including Active, National Guard and Reserve -- and Department of the Army civilians, retirees, concerned citizens and family members.

AUSA Mission:

AUSA represents every American Soldier by:

- Being the voice for all components of America's Army
- Fostering public support of the Army's role in national security
- Providing professional education and information programs

Membership in AUSA includes:

- Army Magazine received monthly, including the October Green Book, which is an almanac of articles from Army leadership and reference information about America's Army worldwide
- AUSA News received monthly, features relevant news about Army topics and AUSA reports on our support of the Army
- Membership in one of the 126 chapters worldwide
- Institute of Land Warfare publications, in depth essays and reports on wide range of military topics
- Subscription to weekly Legislative Newsletter
- Member benefit identification card for spouses
- Eligibility to participate in the Membership Services Program

For more information on AUSA, visit their website at: www.ausa.org.



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44th Significant Activities:



Expert Field Medical Challenge (EFMC) candidates pose for a group photo after completing the day land navigation course. The course was part of a 3 day event designed to prepare them for the 44th MEDCOM EFMC. The 44th will select the top two candidates to compete in the AMEDD EFMC at Fort Sam Houston, Texas.

Upcoming Events:

•**9-19 Apr** – TF28th Combat Support Hospital (CSH) will conduct a Joint Readiness Training Center (JRTC) rotation in preparation for a future OIF deployment.

•**7 Apr** – Airborne Operation (TOT 1900-2000) 2X C-130, 120 PAX, Sicily Drop Zone

•**12 Apr** – Senior Leader Professional Development – April's topic will be Transformation with Right Arm Night to follow.

•**30 APR-12 May** – NARMC Expert Field Medical Badge

•**8-19 May** – 44th MEDCOM will participate in Ardent Sentry, a multinational exercise with NORTHCOM. The primary focus of the exercise is homeland security and disaster relief.

•**10 May** – 44th MEDCOM Dining In

•**19 May** – Airborne Operation (TOT 1000-1500) C-130, 60 PAX, Sicily Drop Zone

Your Chaplain's Corner:

Thought of the Month

Vince Lombardi once said, "Mental toughness is humility, simplicity, spartanism, and one other...love. I don't necessarily have to like my associates but as a man, I must love them. Love is loyalty; love is teamwork. Love respects the dignity of the individual. Heart and power is the strength of your cooperation."

Similar to Lombardi, St. Paul wrote, "Without love I am nothing." Throughout the many activities of life, it is easy to become so involved with the things that must be done that we forget *why* we are doing them. Perhaps more importantly we forget for *whom* we are doing them. One of the most remarkable qualities of love is its passion and energy. Love seems to possess much more energy than duty possesses. For example, in marital counseling, couples find much more energy to invest into improving their marriage when they experience a profound love for one another. It is much more difficult to see substantial energy coming from a couple who is "doing all the right things" out of duty instead of love. In the Army, there are leaders who stand out. It doesn't take long to see that there are some who possess a profound love for Soldiers. Their energy is striking and their passion is tireless. Although leadership is hard work for them, they enjoy the experience of investing their energy into the relentless pursuit of excellence for the sake of those they lead. They love the people and they love the Army. But as I talk with them, I find that they love the Army and serve because of people – the people with whom they serve, and the people they protect. Why do you serve?

"Love produces an eternal spring of duty and courage, motivated by genuine passion."

Upcoming Events

Post-wide Easter Sunrise Service 0700 @ Tolson Youth Center, 16 April, 2006

Strong Bonds for Couples Marriage Retreat @ Myrtle Beach, 5-6 May, 2006

Strong Bonds for Couples Marriage Retreat @ Myrtle Beach, 19-20 May, 2006

For more information, please contact:

SFC Evans @ 396.6178

CH (CPT) Mills or SGT Pennington @ 396.7011





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Your Personnel Highlights:

Deployments: What is Dwell Time??

Dwell time, as it pertains to the individual, is the time a Soldier spends at home station between a combat deployment, operational deployment (non-combat), or dependent restricted tour. When a Soldier arrives in a dependent restricted tour or deploys, the dwell time is set to zero. The dwell time count starts when the Soldier returns. The goal is one year dwell time. Approval authority to "break" dwell time is the Director; the branch chief is the approval authority when a Soldier volunteers to "break" dwell time. Beginning 28 Feb 06, assignment managers will use Soldier's DWL-M/D count when considering Soldiers for reassignment. A new category has been added to the Assignment Validation Report to monitor these assignments. New automated tools will be available on 28 Feb 06. If you have any questions regarding your dwell time, first see your S1 or PAC clerk. DSCPER is also available to address your concerns.

Upcoming Army-Wide PAI

The FY06 Army-wide Personnel Asset Inventory (PAI) will take place 15-30 April 06 for all non-deployed units. Intent of the PAI is to account for 100% of all AC and mobilized/federalized RC forces, reconcile boots on the ground with the active component databases, validate selected personnel data and correct as necessary, validate and update non-availability for deployment status codes and identify pay discrepancies and initiate procedures to suspend or terminate Soldiers pay as appropriate. Commanders will ensure PAI procedures are followed, and ensure eMILPO and personnel systems are updated in a timely and accurate manner.

Units and activities geographically dispersed from their parent unit will conduct a local PAI and provide information to the parent unit. Parent units must consolidate reports at the UIC level. This is also an opportunity for Soldiers to review and update their dwell time. The eMILPO AAA-162 (Unit Personnel Accountability Report) is the baseline document for conducting the PAI. DA Form 3986-R (Personnel Asset Inventory) is not required for reporting purposes. Units will conduct the PAI at the UIC level and report findings to the PSB. Units will report the date of their completed PAI to G1 NLT 30 April 06.

Point of contact is CPT Christensen or SGM Jacobs at 396-2223 for additional guidance or information.

Your Legal Guidance

WHY PLAN AHEAD FOR DEPLOYMENTS?

No one likes to think about his or her own death or serious illness. However, failure to put your legal affairs in order can be costly for your family and can result in unnecessary burdens should you die, become incapacitated, or simply be unavailable as a result of military deployment. Service in the Army is inherently dangerous. It also often requires us to be away from our families, and sometimes prevents us from tending to our affairs.



The Army provides free estate planning services to you and your immediate family. These services could cost hundreds of dollars if provided by a civilian attorney. It is to your benefit to take advantage of these services.

WHAT LEGAL DOCUMENTS DO I NEED?

1. **Power of Attorney** which is a legal document in which a person appoints another to serve as his or her agent to perform certain specified acts on his or her behalf. A power of attorney is normally used to allow another person to deal with third parties on your behalf when you can not. There are three types of a power of attorney general, special, and medical. A general power of attorney (POA) gives your agent broad authority to enter into legally binding transactions. Special Powers of Attorney allows you to appoint an agent to conduct a specific transaction. Medical Powers of Attorney allow you to appoint someone to provide child care to your children.

2. **A Will** is a person's declaration of how they desire their property to be disposed of. However, a will only controls distribution of "probate property." Non-probate property, such as life insurance, bank accounts, interests in trusts, and some jointly held property, passes under another legal instrument besides a will. Single Soldiers with mostly non-probate property may not need a will. However, if you would like to exclude or include someone within the non-probate property, a will might help. Married Soldiers should have a will because most state laws may not adequately provide for widowed spouses.

3. **A Living Will** instrument is referred to as an "advanced Health care directive". These directives normally allow you to state that you do or do not want health care if left in a permanent vegetative state or organ donorship.

For more information and help with these decisions please contact the 44th MEDCOM legal office at (910) 396-5060.



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Reenlistments:



SPC Corey Jeffries, B Co, 28th CSH, is congratulated by his Commander CPT Jonathan Boy.



SGT Kantonio & Yolanda Brownlee are reenlisted by CW3 Darryl Nesbitt.



SGT Darian Wells, 601st ASMC is congratulated by his Commander CPT Tracy Coffin, in Iraq.



SPC Todd Huidekoper, B Co, 28th CSH, is congratulated by his Commander CPT Jonathan Boy.



Reenlistments:

Congratulations to the following Soldiers for reenlisting during the month of March:

SGT Ernest Sharp, 528th Med Det, SSG Erin Davis, 36th ASMC, SPC Michael Elliott, B Co, 28TH CSH, SPC Bradley Wilson, 6th MLMC, SGT Michael Holmes, 249th GEN HOSP, SGT Edith Vaughn, 57th Med Co, SGT Zachary Ryther, 36th ASMC, SPC Daniel Mollet, 57th Med Co, SPC Jason Sapp, 57th Med Co, SPC Nancy Valladares, B Co, 28th CSH, SPC Guy Hughes, 57th Med Co, SSG Ronald Spino, 274 FST

Retention News:

You hear everyday in the news how people are losing Benefits. They can't afford their medical insurance or they're getting laid-off.

So, before you make your final decision to end your career please consider this:

A benefit is defined as "something that promotes well-being." The Army has a tremendous amount of benefits; such as medical, dental, life insurance, post exchange, commissary, gym, MWR, 30 days leave, tax free entitlements, bonus pay, and the club system, just to name a few.

I've heard people argue over the years that "our" benefits are eroding. While I won't dispute this, I would argue that the **Total** Benefits Package that the Army offers is unmatched within the civilian sector. It is important that you the Soldier and your family take full advantage of these services.

Remember, a benefit is only a benefit if you USE it!

Friendly Reminder: The increased Bonus **GOES AWAY** on **1 May 06!** A Soldier must meet the qualifications for each program to get a Bonus.

For more information please call myself or SFC Graham @ 396-4376/9855 or email michael.kouneski@us.army.mil andrea.n.graham@us.army.mil

We look forward to hearing from you!



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Your Logistics Updates (DCSLOG):

Army Combat Uniform (ACU) Update

Since initial fielding in February 2005, the Army's new combat uniform has undergone improvements suggested by the Soldiers who wear it into combat in SWA. These improvements include a new heat sealing process to prevent raveling, better stitching to the hook-and-loop fasteners and a heavier waist draw cord. Modifications to the trouser pattern have also been made to reinforce the crotch from splitting.

The ACU has an estimated six-month wear life, which has been borne out in desert use. Therefore, each active-duty deployed Soldier can expect to wear out two of the four ACUs he is authorized each year.

Deploying units must coordinate through the 44th MEDCOM DCSLOG for fielding dates of the ACU prior to deployment. Only deploying Soldiers will be issued the ACU. Rear Detachment personnel will not be issued ACU during the fielding. Replacement ACUs are available in-theater through the Army Direct Order program and through Direct Exchange (DX) requisitions for battle losses and shortages from the original fielding. Only deployed units are authorized to order replacement uniforms. The ACU is currently available for purchase at the Fort Bragg Clothing and Sales.

Care and laundering tips: Remove all patches from the coat and all items from pockets. Close all hook-and-loop fasteners. Turn the jacket and trousers inside out. Machine wash in cold water on the permanent press cycle or hand wash using a **mild detergent not containing optical brighteners**. Rinse completely, but do not wring or twist. Hang dry or machine dry on low to medium setting only (between 140-160 degrees F). Dry cleaning, starching, commercial hot pressing or using chlorine bleach on ACUs will permanently damage them. Applying heat or a hot iron to any hook-and-loop fastener area will permanently damage the fasteners.

Your Information Management (DCSIM):

FREE ANTI-VIRUS FOR YOUR HOME COMPUTER

The DoD has made provision for the protection of their network assets to include your home computer. All DoD Employees may download the latest antivirus and firewall software from home computers. Once you have installed the desired software package it is recommended that you update your definitions. To obtain definition updates it is recommended that the home user utilize the vendor site with their automatic update system that is preconfigured with the software.

The DoD Anti-Spyware Software License Agreement with Science Applications International Corporation and Computer Associates allows active DoD employees to utilize this anti-spyware software for home use. Home use of the anti-spyware product will not only protect personal PCs at home, but will also potentially lessen the threat of employees bringing malicious logic into work and compromising DoD networks. This software is not authorized for use on DOD networks, and may in fact cause installation difficulties. See your Information Assurance Security Officer (IASO) for security software for DoD systems. Excluded from this program are Contractors and Retirees.

Instructions for acquiring Free Anti-Virus services:

- Logon to AKO
- Select "Self Service"
- Select "Anti-Virus Services"
- Select "Download products for home use"
- Select "SAV Client guide" prior to downloading anti-virus products.

Your Resource Management (DCSRM):

DTS means TDY!

By SGT Blue, Jaspar (Lead Defense Travel Administrator)

The Defense Travel System (DTS) may be a source of frustration for some initially, but offers many tools to the traveler that allows control over certain TDY arrangements. To use DTS a Soldier must first register using their I.D. Common Access Card (CAC). It is encouraged that new and existing travelers visit defensetravel.com routinely to view system updates.

On a personal note I'd like to thank all of you for the opportunity to serve as your Travel NCO in DCSRM, and welcome SGT Hancock from the 32nd MEDLOG. Without a doubt he will continue to provide you strong service and keep you informed of the changes ahead. DSN: 236-3150

Government Travel Card (GTC)

By SGT Hensley, Christopher (Agency Prgm Coordinator)

I too am in the process of PCSing and want to welcome another member of the DCSRM Team. SPC Manning joins us from 32nd MEDLOG and will serve as your new APC. He may be contacted at DSN: 236-2107. Reminder! Online EAGLS training must be completed prior to applying for a GTC at:

<http://www.gsa.gov/Portal/gsa/ep/channelView.do?pageT ypeld=8199&channelPage=%2Fep%2Fchannel%2FgsaO verview.jsp&channelId=-13445>



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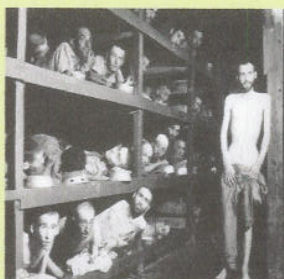
Equal Opportunity:

April 2006

"Days of Remembrance of Victims of the Holocaust" 2006 Theme: "Legacies of Justice"



Country- Poland
Jewish Population-3,300,000
Estimated Killed-3,000,000
Survivors-300,000
Percentage Killed-91%



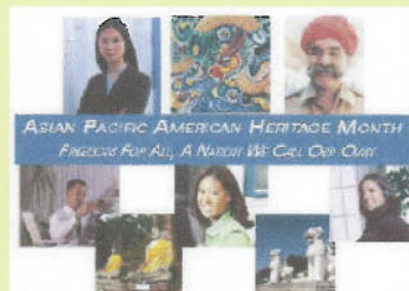
TOTAL- Jewish Population Killed- 9,508,340
Percentage-63%
Estimated Killed-5,962,129
Number of Survivors-3,546,211

**The Days of Remembrance Observance for the 44th
MEDCOM will be held on 25 April 2006 1430-1600.
Location York Theater**

We in the United States should be all the more thankful for the freedom and religious tolerance we enjoy. And we should always remember the lessons learned from the Holocaust, in hopes we stay vigilant against such inhumanity now and in the future.

—Charlie Dent

Upcoming Ethnic Observances May 2006 Asian Pacific American Heritage Month



Asian Pacific American Heritage Month is celebrated with community festivals, government-sponsored activities, and educational activities for students. This year's theme is "Freedom for All—A Nation We Call Our Own."



Sgt. Wm. Wang of Olympia, Wash., military policeman, helps medical corpsmen of the 2nd Infantry Division unload wounded Soldiers at a battalion aid station in Korea. 3 Sept. 1950.

44th Medical Command
Equal Opportunity Advisor:
SFC (P) Pinkney
Contact Information:
Office 910-396-8006
Cell 910-303-3877

"Respecting Diversity and Maximizing Human
Potential"



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Unit Updates: 261st Area Support Medical Battalion (Airborne)

HHD, 261st ASMB

Spring is just around the corner now and so starts a new season for HHD, 261st ASMB. The month of February ended with a Change of Command ceremony fare-welling the outgoing Commander, MAJ James Burk, and welcoming the new Commander, 1LT Jennifer Pollard, from the 550th ASMC. It was a rainy day that ended in celebration and food in the HHD conference room. Good luck to MAJ Burk and his family as he heads back to Womack Army Medical Center.

This month we are celebrating the re-enlistment of SSG Terrance Bandy and wish him and his family congratulations and good luck on their upcoming adventures. Also, to the other members of the Phoenix family who will be departing us soon, thank you to you and yours for your service and all the best to you on your future endeavors!



HHD Change of Command
from MAJ James Burk to 1LT
Jennifer Pollard



36th ASMC conducting pre-jump.

36th ASMC (ABN)

Two outstanding Soldiers from Treatment Platoon in 36th ASMC currently reenlisted in the past month. SGT Fuchigami reenlisted for Honduras and SGT Ryther reenlisted for stabilization at Fort Bragg, North Carolina. Both of the Soldiers received a bonus as well. Thanks for your dedication to Fort Bragg and the United States.

There were two Soldiers who got promoted in the past month for their hard work and dedication to 36th ASMC and the United States Army. SPC Hufford is a Soldier from Evacuation Platoon and was promoted from a PFC to SPC. PFC Caldwell from HQs Platoon got promoted from PV2 to PFC. Congratulations from the Soldiers of 36th ASMC.

36th ASMC has two Soldiers who need to be recognized for their achievements. SSG Inez (Treatment Platoon) was recently inducted into the SGT Audie Murphy club. SPC Brooks (Treatment Platoon) graduated from Air Assault School at Fort Campbell, Kentucky.

550th ASMC

550th ASMC assumed Post Support 1 FEB 06, and has pulled 65 missions up to date. One of the most recent missions was providing medical support for the 82nd ABN DIV 400 PAX jump onto Holland Drop Zone. These high speed Renegades deployed the jump ATLS, treating seven paratroopers and evacuating four to Womack AMC for follow-up care. SGT Huntsman, SGT Lawson, SPC Fortenberry, PFC Weinberg, PFC Lewis, PFC Nickol, and PFC Mwirigi were all vital assets in the successful completion of this mission.

Another Renegade steps to the plate - SGT Sullivan successfully competed in the Expert Field Medical Challenge culminating in the 20K ruck march 10 MAR. Three of 550th finest athletes participated in the 1st COSCOM Basketball League. SGT Gaddis, SPC Crumby, and SPC Claiborne assisted the 364 Supply Company in winning the 1st COSCOM Basketball League Tournament and are now setting their sights on the 82nd ABN DIV Tournament. Good Luck!



SGT Gaddis, SPC Crumby and
SPC Claiborne with B-Ball League
Plaques



The mighty 155th at their new
Detachment Headquarters

155th Med Det (PM)

The 155th has been very busy during the month of March. Our biggest project was teaching our first Field Sanitation Team Certification Course since redeploying. This course was given 20-24 MAR. During the course, Soldiers are trained on everything from water testing and treatment to vector control. Having a trained Field Sanitation Team is an important part of your success on the battlefield. Sadly the unit has had to say goodbye to some outstanding Soldiers.

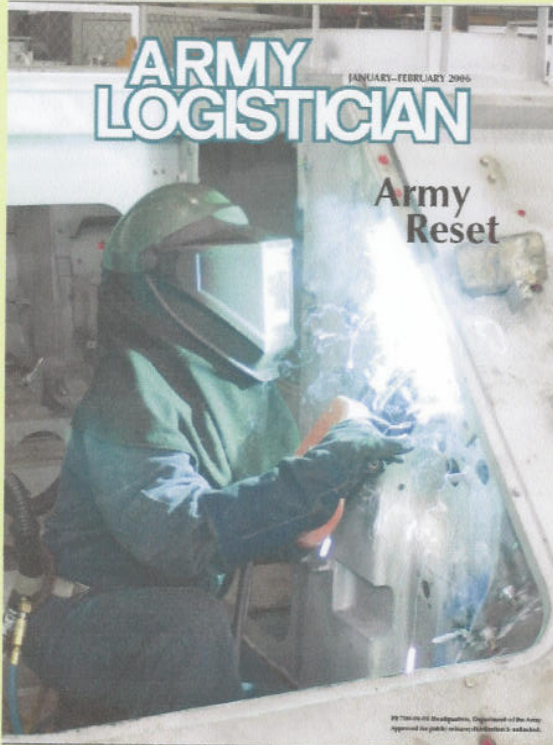
SGT Monroy and SPC Leon both ETS'd on 31 March. I thank them for their service to our great country. SGT Taylor has moved across post to the 7 SFG. Lastly SSG Love, our DET SGT, has left us in preparation for her assignment as an instructor at the AMEDD Center and School. Thank you for your outstanding service to the mighty 155th. We would like to hail SFC Christopher Smith, our new DET SGT. Scorpion 6. Small unit... Big mission.



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Unit Updates: 32d Medical Logistics Battalion



Above- the cover of JAN-FEB 06 Army Logistician, featuring the 32d MEDLOG in action in Iraq

Great Accomplishments

The Jan-Feb issue of *Army Logistician* featured an article by the 32d MEDLOG Battalion Commander, LTC Brew, and B CO Commander CPT Fairbanks. The four-page article dealt with the evolution of the Forward Distribution Teams (FDTs) during the battalion's recently completed deployment in OIF 04-06.

By tailoring its FDT's and maximizing distribution assets from the Corps Support Command (COSCOM), the battalion was able to significantly enhance both interoperability with other units as well as customer support. The 32d medical logisticians continued to improve tactics, techniques, and procedures (TTPs) which transformed old doctrine of supply point distribution (customers pick up supplies) to that of far forward medical logistics support in order to provide responsive combat health logistics to customers.



The modified, modular organization of the 32d MEDLOG's FDTs in Iraq was a perfect example of the tailored nature of the new force, and once again, both in practice and in print, demonstrated that the Soldiers and Leaders of the 44th MEDCOM truly lead the way.

"Support For Life!"

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For questions and/or comments regarding this newsletter, please contact SGS at 910-396-8781 / 4684.

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